

RECORDS DU LMA MASCULINS
EN SALLE

	Cadet	Junior M	Espoir M	Senior M	Master
60m	6''95 Florent Szezesny 25-01-09	6''82 Florent Szezesny 27-02-11	6''72 Martial MBandjock 24-02-07	6''61 Martial MBandjock 05-03-11	7''18 Kouami Justin Ayassou 12-02-11
200m	22''47 Loïc Herkenrath 06-02-11 Mehdi Nait Abdelaziz 08-01-17	22''27 Mehdi Nait Abdelaziz 28-01-18	21''65 Martial MBandjock 27-01-07	20''82 Stuart Dutamby 17-02-19	23''70 Pierre-Philippe Rome 16-03-19
400m	50"44 Toufik Benouja 28-01-18	48''45 Manu-Georges NGuenyang 18-03-12	48''45 Manu-Georges NGuenyang 18-03-12	47''54 Fode Sissoko 26-01-19	54''26 Hary Bourguignon 06-02-11
800m	1'58''34 Octave Dusart 11-02-17	1'53''53 Alexis Regent 20-01-18	1'49''01 Moad Zahafi 03-02-18	1'47''52 Pierre- Ambroise Bosse 11-02-20	2'07''01 David Dambry 12-02-12
1500m	4'16"41 Thomas Ernst 23-01-16	3'57''33 Massinissa Talbi 10-02-19	3'57''33 Massinissa Talbi 10-02-19	3'34''71 Mehdi Baala 15-02-09	4'37''97 David Dambry 01-02-14
3000m		8'50"58 Thomas Wadoux 02-02-20	7'59''94 Simon Denissel 18-02-12	7'47''16 Simon Denissel 10-02-13	8'49"37 Irba Lakhal 10-02-18
60m haies	8''03 Loïc Herkenrath 13-03-11	7''93 Timmy Ruffacq 08-02-15	7''89 Loïc Herkenrath 24-01-15	7''82 Quentin Ruffacq 15-02-14	10''29 Daniel Clauss 13-01-13
Longueur	7m25 Florent Szezesny 12-11-08	7m75 Florent Szezesny 12-01-11	7m75 Florent Szezesny 12-01-11	8m23 Kafetien Gomis 28-02-16	5m94 Christian Vandaele 08-03-15
Triple saut	14m12 Mathieu Kabwakantanda Tshani 01-02-14	14m81 Mathieu Kabwakantanda Tshani 30-01-16	15m32 Leopold Kapata 07-02-13	16m28 Adil Gandou 01-03-20	à établir
Hauteur	2m14 Mohammed-Ali Banlahbib 27-01-18	2m14 Mohammed-Ali Banlahbib 27-01-18	2m14 Mohammed-Ali Banlahbib 27-01-18	2m21 Mathias Cianci 30-12-09	1m81 Christian Vandaele 09-02-13
Perche	4m90 Jorg Vanlierde 06-02-16	5m00 Jorg Vanlierde 29-01-17	5m00 Jorg Vanlierde 29-01-17	5m20 Nicolas Morent 21-02-09 Emile Denecker 09-02-19	4m40 Nicolas Morent 16-03-19
Poids	16m91 (5kg) Alexis Lepeuple	17m40 (6kg) Anthony Lepeuple	15m82 Yanis Tournier	20m39 Gaetan Bucki	15m32 Eric Lepeuple

	11-02-17	11-02-17	01-02-18	04-03-11	18-02-12
Epreuves Combinées	5502 pts Jorg Vanlierde 06-02-16	5421 pts Jean-Baptiste Nutte 04-02-17	5886 pts Gael Querin 08-03-09 Mateo Sossah 13-03-10	6115 pts Gael Querin 08-03-15	à établir
5 000m marche	23'30''19 Yanis Souaber 26-01-13	21'31''60 Yanis Souaber 23-02-14	20'50''80 Damien Molmy 21-02-09	20'50''80 Damien Molmy 21-02-09	24'08''54 Pascal Chirat 04-02-07
4 x 200m	1'35"98 Diatta - Nguenyang - Mombanga - Herkenrath 31-01-10				1'38"09 Kouami Justin Ayassou - Hary Bourguignon - Pierre-Philippe Rome - Evariste Sagna 10-02-2018